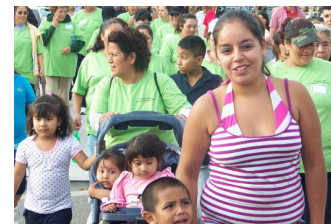




Can We Turn the Corner on Childhood Overweight and Obesity?



Ventura County Public Health

CHDP Fact Sheet

September 2010

Did you know?

- In 2009, more than **1 in 3** Ventura County preschoolers, ages 2 to < 5, who received CHDP health assessments were overweight or obese.
- Also, more than **2 in 5** Ventura County children and teens, ages 5 to < 20, receiving these screening exams in 2009 were overweight or obese.¹

What's the difference between *overweight* and *obesity*?

Body Mass Index (BMI) is a reliable indicator of body fatness for most children and teens. Growth percentiles are used to evaluate the size and growth patterns in individual children. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. Risk for associated health conditions rises as BMI-for-age percentile increases to the levels described as "overweight" and "obesity". Weight status categories and the corresponding percentiles for children and teens are shown in the following table:

Weight Category	Body Mass Index-for-age Percentile Range
Underweight	< 5th percentile
Healthy weight	5th - 84th percentiles
Overweight	85th - 94th percentiles
Obese	≥ 95th percentile

2009 CHDP data highlights ongoing concerns

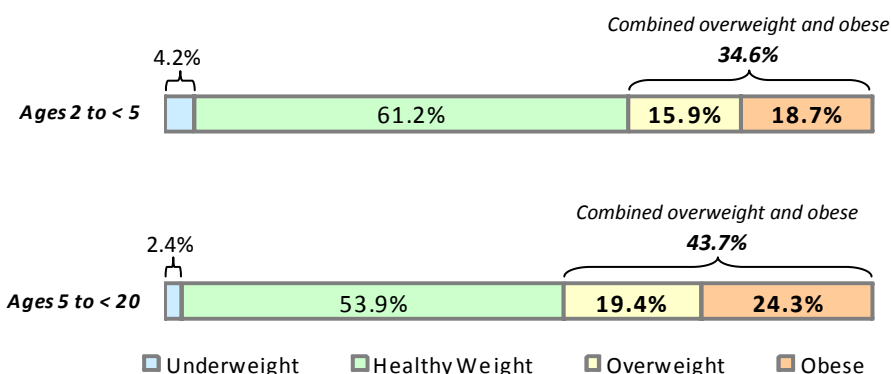
The high prevalence of overweight and obesity in Ventura County children and teens continues to be a major public health concern, especially for those in low-income and minority groups. In 2009, over 34 % of Ventura County children, ages 2 to under 5 years, who received CHDP health assessments were overweight or obese. The same year, more than 43 % of Ventura County children and adolescents, ages 5 to under 20 years, receiving these screening exams were overweight or obese.¹ As Body Mass Index-for-age percentile increases into the overweight or obese range so do the risks for:

- Diabetes
- High blood pressure
- Elevated lipid levels
- Asthma
- Sleep apnea
- Orthopedic problems

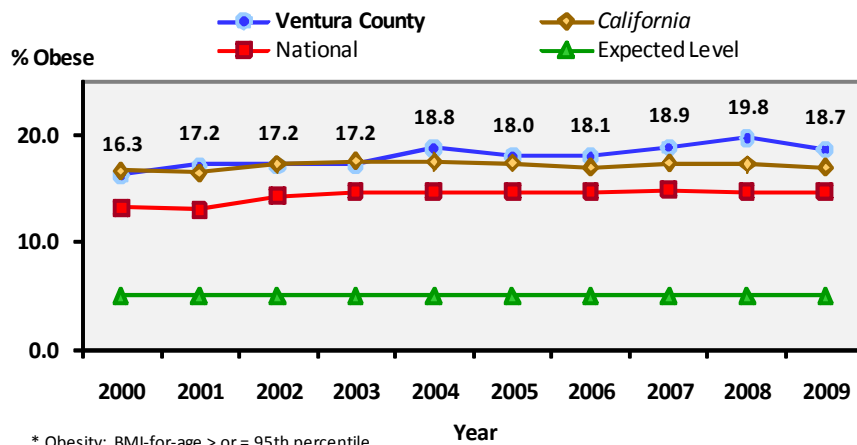
The associated health consequences of these conditions may be immediate or may manifest later in life. Over the last 10 years, the United States has made little progress towards reducing the prevalence of childhood overweight and obesity.²

The Pediatric Nutrition Surveillance System (PedNSS) of the Centers for Disease Control is the only source of nationally compiled obesity surveillance data for preschool-aged children participating in federally funded health and nutrition programs.³ In California, the data are submitted exclusively from CHDP health screening exams. In addition, California is the only state that submits data for older children and teens, providing valuable information about overweight and obesity in school-aged children and adolescents participating in federally funded programs. Data tables and reports are published for the nation, state or tribal group, and by county or reporting area.

Body Mass Index-for-Age Distribution in Low-income Children and Teens Receiving CHDP Health Screening Exams in Ventura County in 2009³



Trends in Obesity* in Low-Income Children, Ages 2 to < 5 Years Ventura County, California, and National Data, 2000 - 2009



Data from PedNSS and the National Health and Nutrition Examination Survey (NHANES)⁴ reveal that the upward trend in the prevalence of childhood overweight and obesity in the United States may be leveling off. In Ventura County, the prevalence of obesity in preschoolers receiving CHDP exams has shown a slight increase since 2003. However, the trend in obesity prevalence in Ventura County's school-aged children and adolescents obtaining CHDP health screenings has stabilized, similar to national and state trends for this age group.¹ This information suggests that prevention efforts begun in early childhood by CHDP providers and other health care staff can help reduce the prevalence of childhood overweight and obesity.

What is CHDP?

The Ventura County Public Health CHDP program provides complete health assessments for the early detection and prevention of disease and disabilities for low-income children and teens. A screening exam consists of a health history, physical examination, developmental assessment, nutritional assessment, dental assessment, vision and hearing tests, a tuberculosis risk assessment, laboratory tests, immunizations, health education, anticipatory guidance, and referral for any needed diagnosis and treatment. Health assessments are provided by certified private physicians and clinics, Ambulatory Care clinics, Public Health clinics, and some local school districts.

In July 2003, Ventura County CHDP began using the "CHDP Gateway," an automated pre-enrollment process for uninsured children. The CHDP Gateway serves as the entry point for these children to enroll in ongoing health care coverage through Medi-Cal, Healthy Families, or other available health care programs.

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Clinical practices promote fitness and healthy weight

Incorporate the following 5 points⁵ in your health assessments and guidance:

- B** Encourage, teach, and support **breastfeeding**
- B** Use the **Body Mass Index** to screen for overweight and obesity
- 2** Minimize sedentary activities **Fewer than 2 hours of screen time**
- 1** Encourage active play **More than 1 hour of physical activity**
- 0** Reduce intake of sugary drinks **0 sugar sweetened beverages**

Share resources ▪ Make referrals

- Advocates for a Lifestyle of Exercise and Nutrition in Ventura County (A Lean VC) *Countywide coalition to foster healthy eating and regular exercise in the community.* For information and meeting dates, email JoAnn.Torres@ventura.org.
- Chronic Disease Prevention and Early Detection Program, Calendar of Events
Email Sara.Rivera@ventura.org to request a subscription to the monthly calendar.
- Network for a Healthy California--Gold Coast Region, Nutrition & Physical Activity Directory
www.goldcoastnetwork.org/ > Physical Activity Integration > Resource Directory
- Si Se Puede Youth Wellness Clinic (multidisciplinary weight management & prevention program)
Collaboration by Santa Paula Hospital and Santa Paula West. Call (805) 921-1600.



Photographs: Front page - Ventura County Public Health, Chronic Disease Prevention and Early Detection Program, Community Walk, La Colonia, Oxnard, California (9/11/09).
Back page - Ventura County Public Health, Community and Schools Garden Project, Sheridan Way School, Ventura, California (4/27/10).

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